

Our FAVORITE RECIPES



Council's

St. Clare's Catholic Church

WOMEN'S LEAGUE

Edmonton, Alberta



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DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PROJECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

THE RECIPES IN THIS BOOK MAY NOT HAVE BEEN LABORATORY TESTED, BUT THEIR MERIT HAS BEEN ESTABLISHED BY CHURCH AND CIVIC GROUPS AND THE MOST CRITICAL GROUP OF ALL - - HUSBANDS !

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Relishes,

JELLIES,

Everytime a jar is opened,
for my family's repast,
I shall serve, quite as an extra,
memories of the summer past.

Pickles

CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Add two tablespoons vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit and juice through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil. It prevents burning.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

How To Prevent Mold in Jelly: If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

New Preserving Method: If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

RELISHES, JELLIES, PICKLES

BEEF RELISH

4 c. chopped cooked beets	1/4 tsp. pepper
4 c. chopped cabbage	2 c. vinegar
1/2 c. grated horseradish	1 c. sugar
2 tsp. salt	

Combine beets, cabbage and horseradish and season with salt and pepper. Scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until vegetables are tender. Seal in hot sterilized jars. Makes 5 pints.

Mrs. Ed Brower

DILL PICKLES

enough fresh firm cucum- bers to fill about 8 qt. jars	3/4 c. salt
1/2 tsp. powdered alum	7 c. vinegar
3 qt. water	head of dill for each qt.
	chili, dried, pepper for each qt.
	1 Tbsp. pickling spice for each qt.

Wash cucumbers and let stand in clear water with ice added about 4 hours. Pack in clean, sterile jars to which dill, chili pepper and pickling spice have already been added. Combine vinegar, alum, salt and water and bring to the boiling point. Pour into jars and seal.

Helen O'Brien

MIXED VEGETABLE PICKLES

4 qt. diced cucumbers	Mrs. Edmund Brezinski
1 qt. diced onions	1 qt. string beans, cut up
1 qt. diced carrots	1 qt. peas

Cook peas, beans, carrots in separate pots as for table use. Combine cucumbers and onions and sprinkle with salt; mix well. Let stand for 1 to 1 1/2 hours. Drain very well.

Dressing:

1 qt. mild vinegar	1/2 c. flour
4 c. sugar	1 tsp. turmeric
1 tsp. celery seed	

Cook until it thickens and pour over all vegetables. Bring to boiling point; simmer for a few minutes. Stir often. Pour into hot sterilized jars and seal immediately.

MUSTARD CHOW CHOW PICKLES

3 heads cauliflower, cut 4 qt. cucumbers, unpeeled and
 into flowerettes cubed
2 qt. onions, sliced or use small pickling onions

Wash, drain and prepare the vegetables. Cover with salted boiling water (1 cup salt to 1 gallon water). Let stand overnight. In the morning, rinse the vegetables with fresh water and drain well. Make a dressing of:

1 1/2 qt. vinegar 3 c. brown sugar
1/4 lb. dry mustard 1 c. flour
3 tsp. turmeric

Blend ingredients and cook the dressing until thickened. Add the vegetables and cook over low heat for about 20 minutes. Pack in sterilized jars and seal.

Mrs. E. Andruschow

SPICED BLUEBERRY JELLY

3 c. crushed blueberries 1/2 tsp. allspice
1/2 c. water 1/2 tsp. cinnamon
2 tsp. grated lemon rind 1/4 tsp. cloves
1/4 c. vinegar 3 3/4 c. granulated sugar
1/2 c. lemon juice 1/2 bottle commercial pectin

Combine blueberries and water; simmer, covered, for 5 minutes, stirring occasionally. Pour into flannel jelly bag, squeeze out juice and add rind, lemon juice and vinegar. There should be 2 cups of liquid. Add spices and sugar, bring to full boil. Add pectin, stirring constantly. Boil at full rolling boil exactly 15 seconds. Remove from flame, skim, pour quickly into sterilized glasses. Seal with hot paraffin. Yield: 6 jelly glasses.

Mrs. Frances Fleming

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Hors d'Oeuvres, Party and T. V. Snacks

If nature did not give you that
which is yours by right,
just nibble at these dainties to
give you an appetite.

1974
1939
35

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WEDDING ANNIVERSARIES

First Year	Paper
Second Year	Cotton
Third Year	Linen
Fourth Year	Silk
Fifth Year	Wood
Sixth Year	Iron
Seventh Year	Copper
Eighth Year	Bronze
Ninth Year	Pottery
Tenth Year	Tin
Fifteenth Year	Crystal
Twentieth Year	China
Twenty-Fifth Year	Silver
Thirtieth Year	Pearl
Thirty-Fifth Year	Coral
Fortieth Year	Ruby
Forty-Fifth Year	Sapphire
Fiftieth Year	Gold
Fifty-Fifth Year	Emerald
Seventy-Fifth Year	Diamond

DEVILED EGG SPREAD

6 hard boiled eggs, thoroughly mashed	1 Tbsp. vinegar
1/2 tsp. prepared mustard	salt and pepper to taste
	mayonnaise to moisten

Combine all ingredients. When mixed together, it is ready for use.

Mrs. F. Fleming

CREAM CHEESE SPREAD

3 (8 oz.) pkg. cream cheese	1/8 tsp. dry mustard or 1/4 tsp. prepared mustard
1 Tbsp. onion juice	1/4 tsp. celery seed
2 Tbsp. lemon juice	2 tsp. Worcestershire sauce

Cream to make the mixture the consistency of whipped cream. Put all ingredients with 1/4 teaspoon dill seed into a bowl with 1/2 cup cream; beat with electric beater until thoroughly mixed. Add additional cream until thoroughly mixed and correct consistency.

Mrs. Frances Fleming

POTATO PUFFS

1/2 c. water	1 tsp. salt
1/4 c. butter	pepper to taste
1/2 c. flour	1 1/2 c. hot mashed potatoes
2 eggs	

Combine water and butter in saucepan and bring to a full boil. Add flour all at once and stir hard; remove from heat. Add eggs, one at a time, beating very well with a wooden spoon after each addition. Beat until very smooth. Combine this paste with mashed potatoes and seasoning and mix well. Drop by rounded teaspoonfuls into hot fat and fry until golden and puffed turning only once. Makes about 24 puffs. These are very good.

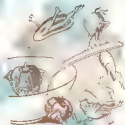
Mrs. A. Lawrie

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****



SOUPS



SALADS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them wel. together.

QUANTITY COOKING

	25	100		25	100
Beef and veal (canned)	10 lbs	40 lbs	Hams (canned)	10 lbs	30 lbs
Beans, baked (canned)	1 No. 10	4 Nos. 10	Ice Cream	3 quarts	3 gals
(fresh)	2 1/4 lbs	11 lbs	Jam or preserves	1 1/2 pints	3 quarts
Beans, string (fresh)	5 lbs	19 lbs	Lettuces (large heads)	4 heads	12 heads
(frozen)	1 qt.-oz. pkgs.	10 qt.-oz. pkgs.	(or salad cans)	4 heads	
Canned	1 No. 10	4 Nos. 10	Loaf sugar	1 1/2 lb.	2 lbs.
Beef (fresh)	3 lbs	20 lbs.	Meat loaf	5 lbs	18 lbs
(canned)	1 No. 10	4 Nos. 10	Pork (1 lb. cans)	16 lbs	36 lbs.
Butter (1 lb. squares)	1 1/2 lb.	2 lbs.	Pork chops and veal	9 lbs	30 lbs
Cabbage (shredded for salad)	3 lbs	20 lbs	(canned)		
Carrots (canned)	6 lbs	24 lbs	Peas (fresh)	15 lbs	30 lbs
(fresh)	4 gals.	gals.	(frozen)	40 oz. pkgs.	0 40-oz. pkgs.
Catfish	1 1/2 to 1/4 lb.	2 to 2 1/2 lb.	Potatoes (canned)	9 lbs	33 lbs
(canned)	4 1/2 oz. pkgs.	2 No. 40	(for catsup)	1 1/2 lb.	2 1/2 lbs
(fresh)	10 40 oz. pkgs.	10 40 oz. pkgs.	Potatoes (for salad)	1 1/2 lb.	4 1/2 lbs
Cornmeal	1 1/2 lbs	6 lbs	Rolls	4 doz.	16 doz.
Cream for coffee	1 1/2 pints	6 pints	Sauces dressing (any kind)	1 pint	4 quarts
Cream for whipping	1 pint	1 1/2 gal.	Soup	1 1/2 gals.	6 gals.
Fruit juices and syr.	8 lbs	32 lbs	Sweet Potatoes (canned)	1 No. 10	4 Nos. 10
(fresh)	16 lbs	60 lbs	Sweet Potatoes (fresh)	9 lbs	36 lbs
			Sweet Potatoes (canned)	1 No. 10	4 Nos. 10

SOUPS, SALADS

SOUP

No cooking - made with blender.

2 1/2 c. tomatoes	4 or 5 crackers or 1 thin slice
1 thin slice onion	of bread
1 or 2 medium carrots	2 cubes of chicken bouillon
1/4 c. celery	1 c. water

Put vegetables in blender. Bring to a boil water and tomatoes. Pour over vegetables in blender. Blend for 1 minute and serve at once.

Mrs. L. Hortnak

LOW CALORIE SALAD DRESSING

2 Tbsp. liquid sweetener (non-calorie)	1 c. white vinegar
3/4 tsp. white pepper	2 tsp. cornstarch
1 tsp. salt	4 whole eggs
	2 tsp. dry mustard

Mix dry ingredients together and add vinegar and liquid sweetener. When hot, not boiling, add well beaten eggs and stir constantly over low flame in top of double boiler or use dial setting of 200 degrees on automatic top burner. When thickened, beat vigorously until smooth and pour into jar. Makes 2 cups - 13 calories per tablespoon.

Mrs. B. Allen

SALMON CABBAGE SALAD

1 can salmon (tall)	4-5 c. cabbage, chopped fine
1 medium size onion, chopped fine	4 Tbsp. mayonnaise salt and pepper to taste

Turn salmon into large mixing bowl, using juice as well and remove any bones. Add onion and cabbage, mix lightly and then add remaining ingredients. Mix just enough to blend and serve.

Mrs. B. Allen

FRENCH DRESSING

1 (10 oz.) can tomato soup	1 tsp. dry mustard
1/2 c. corn oil	1 tsp. paprika
1/3 c. vinegar	1 tsp. Worcestershire sauce
1 tsp. salt	2 Tbsp. sugar

FRENCH DRESSING (Continued)

Measure ingredients into a bottle or jar. Cover tightly and shake well. Chill several hours. Shake thoroughly before serving. Yields 2 1/2 cups. Also very low in calories.

Helen O'Brien

**** EXTRA RECIPES ****



Casseroles



Let's pour some happy spirit
In a great big mixing bowl.
Then add a few ingredients
and voila Casserole!



One Dish Meals

ABBREVIATIONS COMMONLY USED

sp	teaspoon	sq	square or squares
Tsp	teaspoon	lb	pound or pounds
Tbsp	tablespoon	sq	square
c	cup	min	minute or minutes
pt	pint	hr	hour or hours
qt	quart	mod	moderate or moderately
pk	peck	doz	dozen
bu	bushel		

SIMPLIFIED MEASURES

dash	less than 1/8 teaspoon	2 pints (4 cups)	= quart
3 teaspoons	= 1 tablespoon	4 quarts (liquid)	= 1 gallon
16 tablespoons	= 1 cup	8 quarts (solid)	= peck
1 cup	= 1/2 pint	1 peck	= 1 bushel
1 cup	= pint	16 ounces	= 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons	= 1/4 cup	16 2/3 tablespoons	= 2 1/3 cup
5 1/2 tablespoons	= 1/2 cup	12 tablespoons	= 3/4 cup
8 tablespoons	= 1/2 cup	11 tablespoons	= 3/4 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

If the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
No 1	1 cup
No 2	1 1/4 cups
No 3	1 3/4 cups
No 4	2 cups
No 5	2 cups
No 6	2 1/2 cups
No 7	3 1/2 cups
No 8	4 cups
No 10	5 to 6 cups

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons	= 1 tablespoon	4 cups	= 1 quart
4 tablespoons	= 1/4 cup	2 pints	= 1 quart
16 tablespoons	= 1 cup	4 quarts	= 1 gallon
1/2 cup	= 1 gill	8 quarts	= 1 peck
4 gills	= 1 pint	4 pecks	= 1 bushel
2 cups	= 1 pint	16 ounces	= 1 pound

CASSEROLES, ONE DISH MEALS

WHOLE-IN-ONE CASSEROLE

2 large onions	1 c. diced celery
2 medium size potatoes	1 c. tomato soup
1 lb. ground steak	1 can boiling water
1/2 c. rice	1 tsp. salt
dash paprika	1/2 tsp. pepper

Into the bottom of a buttered baking dish slice the 2 onions. Over this place thin slices of raw potatoes. Add the uncooked meat in a thick layer. Add 1/2 cup uncooked rice and the diced celery. Season each layer with salt and pepper and paprika. Top with a can of tomato soup and 1 soup can of boiling water. Cover tightly and bake in moderate oven, 375 degrees, for 2 hours.

Mrs. C. Lajeunesse

DINNER CASSEROLE

1 lb. hamburger	1/4 tsp. pepper
2 large onions	1/4 tsp. paprika
1 c. chopped celery	salt to taste
4 large raw potatoes	1 c. water
1/2 c. uncooked rice	1 can tomato soup

Into greased baking dish slice onion; over this slice potatoes then layer of hamburger and then celery, uncooked rice, salt, pepper and paprika. Mix can of soup in cup of water and pour over top. Cover dish and cook in 350-375 degree oven for 2 hours. Makes 4 servings.

Kay Smith

CORN QUICHE LORRAINE

1 (9 or 10 inch) unbaked pastry shell	3 eggs, beaten
2 Tbsp. butter	1/3 c. milk
1/4 c. chopped onion	1 (15 oz.) can cream style corn
1/4 lb. mushrooms, optional	1 tsp. salt
1 (7 oz.) can tuna fish *	1/2 tsp. dry mustard
	few grains black pepper

* One-half cup diced, cooked ham or several slices of fried bacon may be substituted for tuna fish.

Bake pastry shell in preheated 450 degree oven for 7 minutes only. Set aside to cool. Reduce oven temperature to 325 degrees. Melt butter in frying pan and cook onion and

CORN QUICHE LORRAINE (Continued)

mushrooms. Meanwhile, blend together beaten eggs, milk, cream style corn, salt, mustard and pepper. Add mushroom mixture. Flake tuna if solid type is used, add to above mixture. Pour into pie shell. Bake in 325 degree oven 40 minutes. Let stand 15 minutes before serving.

Helen O'Brien

CHICKEN-IN-THE-CORN-BAKE

1/2 c. flour	1/3 c. chopped onions
1 tsp. salt	1 (14 oz.) can (1 1/2 c.) whole kernel corn
1/4 tsp. pepper	1 (6 oz.) can (2/3 c.) evaporated milk
1 (2 1/3 or 3 lb.) broiler- fryer, cut up	1/2 c. fine bread crumbs
1/4 c. butter or margarine	2 slightly beaten eggs
1/3 c. chopped green pepper	1 tsp. salt
dash coarse freshly ground pepper	

Mix flour, 1 teaspoon salt and 1/4 teaspoon pepper in a paper bag; add 2 to 3 pieces of chicken at a time and shake. Place on rack to let coating dry. Melt butter in skillet; when hot, add the meaty pieces of chicken first and brown; then slip the others in. Don't crowd. Brown one side slowly; turn, use tongs so not to pierce. When all is golden brown, remove from skillet. To butter in skillet, add chopped green peppers and onion; cook until tender, but not brown.

Drain corn, reserving liquid. To reserved liquid, add water, if needed, to make 1/3 cup. Combine corn, corn liquid, milk, crumbs, eggs, onion mixture and seasonings; pour into greased 11 1/2 x 7 1/2 x 1 1/2 inch baking dish. Arrange the chicken on top. Bake uncovered in moderate gas oven, 350 degrees, 50 to 55 minutes or until chicken is tender. Makes 4 servings.

Mrs. F. Fleming

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

My susceptibility to flatter,
Is a disconcerting thing;
If an enemy but praise my tea,
I feast him like a king.



BEVERAGES

They that have no other meat,
Bread and butter are glad to eat.



SANDWICHES

BIRTHDAY STONES AND FLOWERS

<u>Month</u>	<u>Flowers</u>	<u>Stone</u>
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli

BEVERAGES, SANDWICHES

LEMONADE PUNCH

1 lemon, peeled, seeded	1 c. sugar or 3/4 honey
1 lemon, with peeling	1 Tbsp. lemon extract
1 pt. milk	7-Up or sweet soda

Put lemons and sugar into blender and add milk and extract. Blend about 1 minute. Chill. When ready to serve, put ice cubes in tall glass. Add 2 tablespoons of the lemon mixture and fill glasses with 7-Up or sweet soda. The basic punch will keep for a long time. Yield: about 1 1/2 pints.

Mrs. L. Horinek

LADS 'N LASSES PUNCH

3/4 c. molasses	1 pt. vanilla ice cream
3/4 tsp. cinnamon	chocolate bits
1/8 tsp. salt	maraschino cherries
6 c. cold milk	whole cloves

1. Beat together molasses, cinnamon, salt and milk. Pour into glasses or mugs.

2. Top each with a scoop of ice cream garnish with features (chocolate bits, for eyes, maraschino cherry slices for mouths and whole cloves for noses). Makes 6 servings.

Wendy Horinek

Egg-NOG

1 egg	1/2 tsp. vanilla
1 c. milk	1 tsp. instant chocolate milk
1 tsp. sugar	

Beat egg well and add milk, sugar, vanilla, instant chocolate milk and beat well again. Serve.

Mrs. G. Clarke

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****



MEATS

POULTRY



Stuff it and roast it, baste it with care,
Carefully then some gravy prepare,
Around your kitchen savory odors will tell,
Whatever is cooking, is doing well.

ROASTING

MEAT

	Set Temperature	Time in minutes per Pound	Time in Mins. per Lb. Shorter Cooking from Frozen State
Beef			
Standing Rib 6-8 Lbs.	300	Rare 18-20 Medium 22-25 Well Done 27-30	43 47 55
Less than 6 pounds	300	Rare 33 Medium 45 Well Done 50	55 60 65
Roller Ribs	300	Rare 32 Medium 38 Well Done 48	53 57 65
Rump (high quality)			
Standing	300	25-30	50
Roller	300	30-35	55
Lamb			
Leg	300	30-35	40-45
Roller Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45
Veal			
Leg	300	25-30	40-45
Shoulder	300	25	40-45
Boned and Roller	300	40-45	40-45
Pork			
Loin	350	35-40	50-55
Fresh Ham	350	30-35	50-60
Smoked Pork			
Ham (New style)	300	15	
Ham (New style) Half	300	18-20	
Ham Butte	300	35/40	

POULTRY

Chicken

Stuffed 3-4 lbs.	350	45-40
Stuffed 4-5 lbs.	350	40-35
Stuffed over 5 lbs.	325	35/30

Turkey

8-10 lbs.	325	25-20
10-14 lbs.	325	20-18
14-18 lbs.	300	18-16
18-20 lbs.	300	15-13

Goose

10-12 lbs.	325	30-25
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Duck

5-6 lbs.	350	35-30
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MEATS, POULTRY

BROWN BEEF STEW

1 lb. beef, cut in 1 inch cubes	dash thyme
2 Tbsp. melted fat	3/4 c. diced carrots
1/4 c. chopped onion	3/4 c. diced potatoes
3 c. boiling water	8 to 10 small white onions
3 tsp. salt	1 c. boiling water
1/8 tsp. pepper	1/2 c. cold water
1 small bay leaf	3 Tbsp. flour

Brown beef in fat in large saucepan. Add onion and saute until golden brown. Add 3 cups boiling water and seasonings, cover and simmer 1 1/2 to 2 hours or until meat is nearly tender. Add vegetables and continue cooking 30 minutes longer or until vegetables are done. Add 1 cup boiling water. Add cold water very gradually to flour, mixing until smooth. Add to simmering stew, stirring vigorously. Cook and stir until thickened. Serves 4.

Mrs. Diane Murphy

BAKED PORK CHOPS, SWEET POTATOES AND APPLES

Wipe pork chops with damp cloth and place in a shallow roasting pan. Cover with 2 tablespoons onion dressing. Surround with medium sized sweet potatoes which have been par-boiled and brush with melted butter and orange juice and with small red apples, cored and filled with brown sugar and raisins. Bake 1 hour at 350 degrees, basting frequently with the juices in the pan.

Mrs. A. MacGregor

VEAL OR PORK CUTLETS

1 (10 oz.) can tomato soup	1/2 c. chopped celery
1/2 bay leaf	1/2 c. chopped onion
1/2 tsp. dry mustard	2 Tbsp. vinegar
1/2 c. water	1 Tbsp. brown sugar
dash Tabasco sauce	about 1/2 tsp. Accent
1 clove garlic	1 1/2 lb. cutlets

Combine all above ingredients except cutlets into a saucepan. Simmer for 1/2 hour, remove garlic. Brown cutlets in fat on top of stove, add the prepared simmered sauce and simmer for 1 hour.

Mrs. John D. Sproule

SWEET AND SOUR SPARERIBS

To 3 pounds spareribs, mix the following:

1/2 tsp. salt	1 1/2 Tbsp. sugar
2 tsp. H.P. sauce or Worcestershire sauce	

Mix in:

4 Tbsp. flour	1 Tbsp. cornstarch
---------------	--------------------

Put in deep frying pan with deep fat and cook for about 1 hour. Take off fat.

Sauce:

1 1/2 c. brown sugar	1 1/2 c. water
3/4 c. vinegar	

Bring this to a boil and thicken with a little cornstarch. Pour sauce over spareribs and cook until tender.

Mrs. A. Reinhardt

LIVER WITH TOMATO-OLIVE SAUCE

1 lb. sliced beef liver	1/2 tsp. sugar
flour	1/8 tsp. black pepper
3 Tbsp. fat	1/4 tsp. basil
1 (20 oz.) can tomatoes	small piece of bay leaf
1 Tbsp. flour	1/4 c. sliced, stuffed olives
1 tsp. salt	

Dip liver into flour, then brown in hot fat in a skillet. Stir 1 tablespoon flour into tomatoes. Add tomatoes, salt, sugar, pepper, basil, bay leaf and olives to browned liver. Stir to blend seasonings. Cover and simmer slowly for 20 minutes. Serve hot. Serves 4 to 5 persons.

Mrs. Frances Fleming

TEXAS HASH

2 large onions, sliced	1/2 c. uncooked rice
2 green peppers, cut fine	1 tsp. chili powder
3 Tbsp. shortening	2 tsp. salt
1 lb. hamburger	1/4 tsp. pepper
2 c. canned tomatoes	

Fry onions and green peppers slowly in shortening until onions are yellow. Add hamburger and saute until mixture falls

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TEXAS HASH (Continued)

apart. Add tomatoes, rice and seasonings and mix. Put in large casserole, cover and bake in moderate oven, 375 degrees, for 45 minutes until done. May also be cooked over low heat on top of stove. One cup uncooked spaghetti, macaroni or noodles may be used instead of 1/2 cup rice.

Mrs. L. Miziolek

BEEF STROGANOFF

Part 1:

1 Tbsp. flour	1 can sliced mushrooms
1/2 tsp. salt	1/2 c. chopped onions
1 lb. sirloin beef, 1/4 inch strips	2 Tbsp. butter

Part 2:

2 Tbsp. butter	1 can beef consomme
3 Tbsp. flour	1 c. sour cream
1 Tbsp. tomato paste	2 Tbsp. sherry

Part 1: Combine flour and salt; dredge meat. Melt butter in heavy skillet and add sirloin strips and brown quickly on all sides. Add mushrooms and onions.

Part 2: Sauce - Remove meat and mushrooms from the skillet. Add 2 tablespoons butter to pan drippings. Blend in 3 tablespoons flour. Add tomato paste. Now, slowly add beef consomme. Stir and cook until mixture thickens. Return meat mixture to sauce in skillet. Stir in sour cream and sherry. Heat briefly. Serve with rice and salad; or on buttered noodles.

Mrs. Terry Wittw

CHICKEN WITH PINEAPPLE

2 frying chickens, just the chicken pieces work well	1 can bean sprouts
1/2 c. flour	2 green peppers
2 tsp. salt	1 Tbsp. flour
pepper	1 Tbsp. prepared mustard
1/2 c. shortening	1 tsp. soya sauce
1 can pineapple chunks	1 tsp. salt

Cut chickens in pieces and coat with a mixture of flour, salt and pepper. Melt shortening in a large skillet, add chickens and cook over medium heat until tender. Transfer chickens to a bowl. Drain both pineapple and bean sprouts, but save the

CHICKEN WITH PINEAPPLE (Continued)

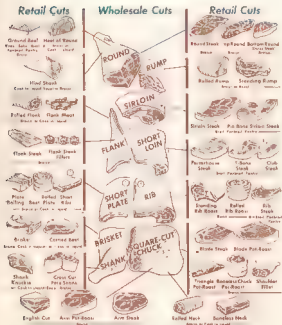
liquids. Cut green peppers into chunks. Now, stir the flour into the fat in which the chickens were fried. Pour in pineapple syrup and bean sprout liquid. Cook, stirring constantly, until sauce bubbles. Dump in chicken, pineapple, bean sprouts, green pepper and all the seasonings. Cover and heat through. Serves 6 to 8 people.

Mrs. B. Strilchuk

**** EXTRA RECIPES ****

Meat Cuts and How to Cook Them

BEEF CHART



*Pork and other grades only for
 detailed description of portions

NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

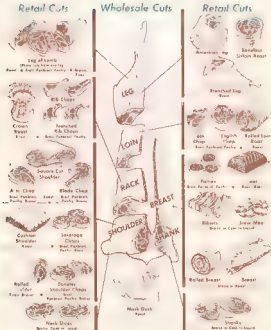
VEAL CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

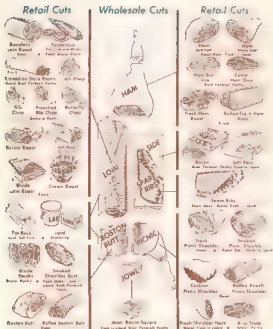
LAMB CHART



NATIONAL ONE STOCK AND BOND BOARD

Meat Cuts and How to Cook Them

PORK CHART



NAT CHAL LIVE STOCK AND MEAT BOARD

Rolls - Breads



'Breathes there a wife with soul so dead,
Who to her husband has never said:
'This is my own real, home-made bread' '

COMMON CAUSES OF FAILURE IN BAKING



BISCUITS

1. Rough Biscuits caused from insufficient mixing.

2. Dry biscuits caused from baking in too slow an oven and handling too much

3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin

MUFFINS

1. Dense texture caused from insufficient stirring and cooking at too low a temperature

2. Tunnels in muffins peaks in center

and a soggy texture are caused from overmixing

3. For a nice muffin mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start

2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature

3. A heavy cake means too much sugar has been used or baked too short a period.

4. A sticky crust is caused by too much sugar

5. Coarse grained cake may be caused by too little mixing, too much fat, too

much baking powder, using fat too soft, and baking at too low a temperature

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder

7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans), or using dark pans (use bright finish, smooth bottomed pans)

8. Cakes have uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry is brittle caused by over mixing flour and fat.

2. Pastry is tough caused by using too much water and over mixing the dough

3. Pies do not brown - for fruit or custard pies use a Pyrex pie pan or enameled pan and bake at 400 - 425 degrees constant temperature.

BREADS (YEAST)

1. Yeast bread is porous - this is caused by over rising or cooking at too low a temperature

2. Crust is dark and blister - this is caused by under rising the bread will blister just under the crust

3. Bread does not rise - this is caused from over kneading or from using old yeast

4. Bread is streaked - this is caused from under-kneading and not kneading evenly

5. Bread bakes uneven - Caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

ROLLS, BREADS

BANANA BREAD

1/4 c. shortening	1 tsp. salt
3/4 c. brown sugar	1 tsp. soda
2 eggs	1/2 tsp. nutmeg
1 c. mashed bananas (large and ripe)	1/2 c. milk
1 1/2 c. sifted flour	1/2 c. coarsely chopped walnuts

Heat oven to 350 degrees. Grease 9 x 5 x 3 inch loaf pan. Cream shortening, add sugar and beat until fluffy. Add eggs, one at a time, beating well after each addition. Stir in bananas. Sift flour, salt, soda and nutmeg together; add to creamed mixture alternately with the milk. Stir in nuts. Put into prepared pan and bake about 50 minutes or until a toothpick inserted in center comes out clean. Cool before slicing.

Mrs. Yvonne Powell

BANANA BREAD

1 3/4 c. flour	2/3 c. white sugar
2 tsp. baking powder	2 eggs
1/4 tsp. soda	1 c. mashed bananas (3 medium)
1/2 tsp. salt	
1/3 c. Mazola oil or shortening	

Mix shortening and sugar; add eggs. Add mixed dry ingredients and bananas alternately. Bake in moderate oven, 350 degrees, for 1 to 1 1/4 hours.

Mrs. Don Ball, Jr.

HOMEMADE BREAD

3 c. all purpose flour	1 tsp. baking soda
1 c. whole wheat flour	1 tsp. salt
2 tsp. sugar	1 pt. buttermilk

Sift together all dry ingredients in a large bowl. Mix to a soft dough with the buttermilk and knead lightly. Put in a greased dish and bake for 1 1/2 hours in 375 degree oven.

Kay Smith

WHITE BREAD

1 pkg. quick acting dry yeast	3 Tbsp. sugar
	4 c. water

WHITE BREAD (Continued)

12 c. all purpose flour 1 Tbsp. salt
2 Tbsp. melted fat

Dissolve yeast in 1/2 cup lukewarm water in which a little sugar has been dissolved. Let stand 15 minutes. Dissolve remaining sugar and salt in your measured water. Arrange flour around sides of large mixing pan. Pour measured water into the center, also melted fat and yeast. Gradually blend flour into liquid with a large spoon or use your hands as dough gets thicker you will knead with your hands. Keep adding flour and kneading until dough is smooth and no longer sticks to hands. More flour may be used if needed.

Place in a greased bowl and let rise in warm place until double in bulk. Punch down and let rise again. Cut and mold into loaves and place in greased bread pans. Cover and let rise again, but this time not quite as much. Bake in oven at 375 degrees for 30 minutes or until nicely browned and sounds hollow when you tap on bottom of loaf.

Mrs. C. Lajeunesse

SOUR CREAM BUNS

1 pkg. yeast 1/4 c. Mazola or salad oil
3 egg yolks 1/2 c. potato water
1 1/2 c. water 1/2 c. sour cream
1/2 c. sugar 7 c. flour
2 tsp. salt

Dissolve yeast in extra 1/2 cup water and 2 teaspoons sugar. Let set 10 minutes. Beat egg yolks, sugar and salt. Add cream, Mazola oil, potato water, water and mix well. Add 2 cups flour before the yeast mixture. Add the rest of the flour and knead well. Let rise to double in size. Punch down and rise for another hour or to double in size again. Pan as plain buns or cinnamon buns. When double in size, bake for approximately 25 minutes at 350 degrees.

Mrs. W. Rosenthal

DOUGHNUTS

4 c. warm water 2 pkg. yeast, soak in the 4 c.
1 1/2 c. sugar water
2 tsp. salt 1 tsp. lemon flavoring
3/4 c. Crisco 13 c. flour
6 beaten eggs

Beat eggs, add sugar, flavoring and Crisco to the water.

DOUGHNUTS (Continued)

Add sifted flour and salt.

Glaze:

1 1/2 c. icing sugar
1/4 c. water

1 tsp. vanilla

Mrs. S. Kliciak

FRENCH TOAST

3 eggs
1 c. milk
1 Tbsp. sugar

1/2 tsp. salt
10 slices bread
3 Tbsp. fat (more or less)

Beat eggs; add milk, sugar and salt. Beat thoroughly. Dip bread in mixture. Fry in fat until browned on both sides. Serve hot with syrup or jam. Also very good with a little cream dribbled on with your jam.

Mrs. C. Lajeunesse

** EXTRA RECIPES **

**** EXTRA RECIPES ****

Give no more to every guest,
Than he's able to digest,
Give him always of the prune,
And but little at a time.



Cakes - Frostings

BAKING HINTS

Creaming Butter and Sugar In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process

After using the oven, leave the door open until oven is cool, so that moisture will not condense and rust the metal.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner

An apple cut in half and placed in the cake box will keep the cake fresh several days longer

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake

Do not grease the sides of cake pans. How would you like to climb a greased pole?

To cut a fresh cake use a wet knife

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

When you do not want to heat your oven for a shortcake, make a short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron

A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla

To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses

Baking Pans. For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 degrees for 18 to 20 minutes. layer cakes at 350 degrees for 30 to 35 minutes and loaf cakes at 350 degrees for 40 to 45 minutes

CAKES, FROSTINGS

CHOCOLATE CAKE

1 1/2 c. flour	1 tsp. salt
1 c. white sugar	1 tsp. baking soda
1 tsp. baking powder	4 Tbsp. cocoa

Mix in 8 x 8 inch square pan. Make 3 wells and add in given order:

1 tsp. vanilla	5 Tbsp. melted butter
1 Tbsp. vinegar	

Over all this, add 1 cup warm water. Stir until well blended. Bake in oven at 350 degrees for 30 minutes.

Mrs. Yvonne Powell

MAPLE WALNUT BUTTER CAKE

3 c. sifted cake flour	4 eggs, separated
2 tsp. baking powder	2 tsp. maple flavoring
1/2 tsp. salt	1 c. milk
1 c. soft butter	1 c. finely chopped walnuts
2 c. sugar	

1. Prepare cake pans, 2 layers or 1 large oblong. Pre-heat oven to 350 degrees.

2. Sift flour, baking powder and salt.

3. Cream butter, gradually beat in sugar. Add egg yolks, one at a time, beating well after each.

4. Beat egg whites until stiff, but not dry.

5. Combine maple flavoring and milk.

6. Add sifted dry ingredients to creamed mixture and alternate with the flavored milk. Fold in walnuts and beaten egg whites. Bake 35 to 40 minutes.

Mrs. F. Hinkley

MAPLE FROSTING

1/2 c. soft butter	3-4 Tbsp. cream
3 c. icing sugar	1/2 tsp. vanilla
1 egg	1/2 tsp. maple flavoring

1. Cream butter, blend in 1 cup sugar; add and beat in

2. Add remaining sugar gradually, alternately with sufficient cream to make frosting of spreading consistency.

3. Beat in vanilla and maple flavoring.

Mrs. F. Hinkley

GUMDROP CAKE

4 c. sifted flour	1 c. chopped pecans
1 tsp. cinnamon	1 c. shortening
1/2 tsp. cloves	1 3/4 c. sugar
1/4 tsp. nutmeg	2 large eggs
1/4 tsp. salt	1 tsp. baking soda
1 1/2 lb. gumdrops (fruitlets)	1 Tbsp. hot water
1 lb. white raisins	1 1/2 c. applesauce
	1 tsp. vanilla

Sift together flour, spices and salt. To half of this add gumdrops, raisins and nuts. Cream shortening, add sugar, then eggs and vanilla. Beat well. Dissolve soda in hot water. Add remaining half of the dry ingredients alternately with applesauce and soda to creamed mixture. Stir in floured gumdrops. Grease loaf pans. Fill about 2/3 full and bake in slow oven, 300 degrees, for about 2 hours. Lovely as Christmas cake.

Mrs. Edmund Brezinski

APRICOT UPSIDE-DOWN CAKE

3/4 c. butter	about 1 1/2 c. apricots, fresh
1 c. yellow sugar	apricots

Melt butter and sugar in saucepan. Set aside to cool. In baking dish or cake pan, line with apricot halves and pour mixture over them.

Batter:

2 1/2 c. flour	1 c. sugar
2 tsp. baking powder	2 eggs, unbeaten
1/4 tsp. salt	3/4 c. milk
1/4 c. butter or margarine	1 tsp. vanilla or almond extract or 1/2 tsp. of each

Mix as for cake batter and pour over apricot mixture. Bake in moderate oven, 350 degrees, for 45 to 50 minutes. Cool cake in pan 5 minutes, then invert on serving plate. Best if served warm. Whipping cream or Dream Whip is a good garnish.

L. Foss

POPPY SEED CAKE

3/4 c. poppy seed	2 c. sifted flour
3/4 c. milk	2 tsp. baking powder
3/4 c. butter	1 tsp. vanilla
1 1/2 c. sugar	4 egg whites, well beaten

POPPY SEED CAKE (Continued)

Soak poppy seed overnight in milk. Cream butter and add sugar, then add milk and poppy seed. Add dry ingredients and then egg whites. Bake in large pan or layers. If layers, bake 25 minutes in 375 degree oven.

Mrs. L. Miziolek

SOUR CREAM COFFEE CAKE

1 c. dairy sour cream	2 eggs, well beaten
1 tsp. baking soda	1 tsp. vanilla
1/2 c. soft butter	1 3/4 c. sifted cake flour
1 c. granulated sugar	2 tsp. baking powder

Topping:

1/4 c. brown sugar	2 Tbsp. finely chopped nuts
1 Tbsp. cinnamon	

Grease and flour an 8 inch square cake pan. Heat oven to 350 degrees. Combine sour cream and soda in a bowl, it will double in volume. In a mixing bowl, blend butter and sugar thoroughly. Add eggs and vanilla. Beat well. Alternately add sifted dry ingredients and sour cream. Spread half the batter in prepared pan. Sprinkle with half the topping mixture. Cover with remaining batter. Sprinkle with remainder of the topping. Bake in moderate oven for 45 to 50 minutes. Serve warm. Can be wrapped in foil and reheated, but it is very good cold, also.

Mrs. John D. Sproule

COOKIE SHEET CAKE

1 c. milk	1 tsp. vanilla
2 Tbsp. cocoa	1 c. flour
1/2 c. shortening	1/2 tsp. baking powder
1 egg	1 tsp. soda
1 c. brown sugar	1 Tbsp. milk
1/4 tsp. salt	

Heat 1 cup milk and cocoa. Remove from heat and add while beating with an egg beater, the shortening and egg. Beat in the sugar, salt, vanilla, flour and baking powder. Lastly, mix in the baking soda dissolved in 1 tablespoon milk. Beat well. Pour out into a greased cookie sheet and bake 12 to 15 minutes at 350 degrees.

Mrs. W. Rosenthal

QUICK SPONGE CAKE

1 1/2 c. flour	3 eggs
1 tsp. baking powder	1 1/2 c. sugar
1/2 tsp. salt	1/2 c. cold water
1 tsp. vanilla	

Place eggs in mixing bowl (small Mixmaster size). Beat at medium speed for 2 minutes. Add sugar and continue beating about 1 minute. Add flour mixture, water and vanilla all at once. Blend about 1 minute. Bake in pan, greased and lined with wax paper, at 325 degrees, about 45 minutes for 8 inch square pan and 30 minutes (about) for 11 x 7 x 1 1/2 inch pan.

Various ways to serve:

Shortcake: Top with fresh or canned fruit. Whipped cream or bit of ice cream may be used to top this.

Sundae: Top with generous scoop of ice cream. Top this with corn syrup or other favorite topping, plus optional coconut or nuts.

Cottage Pudding: Top with favorite sauce to make a type of cottage pudding.

Petit Fours: Cut into small squares and ice with either petit four icing or butter icing. Decorate.

Tea Cakes: Cut into small squares, scoop a bit of cake from the top. Place a bit of jam or jelly into hole, replace the scooped piece and sift a bit of icing sugar on top.

Coconut Fingers: Bake in 11 x 7 x 1 1/2 inch pan. Remove wax paper immediately after the cake is removed from the oven and put the following topping on the cake immediately. Cut into thin strips.

Topping:

6 Tbsp. butter	1/2 tsp. vanilla
10 Tbsp. brown sugar	4 Tbsp. cream
1 c. coconut	

Combine well,

Helen O'Brien

DELICIOUS CREAM CAKE

1 c. cream	1 tsp. vanilla
2 eggs	1 1/2 c. flour
1 c. sugar	2 tsp. baking powder
1/4 tsp. salt	

This is better than angel food cake and much easier to make. Whip 1 cup cream until firm, add 2 eggs and whip until

DELICIOUS CREAM CAKE (Continued)

light as foam. Add 1 cup white sugar and beat well, also 1/4 teaspoon of salt and 1 teaspoon vanilla. Whip in 1 1/2 cups of flour and 2 teaspoons baking powder. Bake in an ungreased angel food cake tin, in a quick oven, 25 minutes. (Oven - about 400-425 degrees.) Use any icing preferred.

Mrs. Sarah Fedoruk

CINNAMON BLUEBERRY COFFEE CAKE

2 c. sifted all purpose flour	2 tsp. grated orange rind
3 1/2 tsp. baking powder	3/4 c. milk
3/4 tsp. salt	1/2 tsp. vanilla
1/3 c. sugar	1 c. fresh or well drained
1/3 c. chilled butter	frozen blueberries (Saska-
1 egg	toons may be used instead)

Butter an 8 inch square cake pan. Preheat oven to 375 degrees. Sift together into a bowl the flour, baking powder, salt and the 1/3 cup sugar. Cut butter in finely. Beat egg well; stir in orange rind, milk, vanilla and blueberries. Make a well in dry ingredients and add liquids, all at once, mixing lightly until just combined. Spread batter evenly in prepared pan.

Topping:

1/4 c. sugar (not quite)	2 tsp. cinnamon
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Sprinkle the combined cinnamon and sugar over top of batter. Bake 25 to 30 minutes. Cut into squares and serve warm with butter.

Helen O'Brien

WHIPPED JELLY ICING

1 egg white	1/2 c. jelly (grape, cranberry,
1/8 tsp. salt	raspberry, crab apple or
	your favorite)

Put ingredients in top of double boiler and beat until smooth and thick and will stand in peaks. Spread on cake.

Mrs. Edmund Brezinski

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****

CANDIES



COOKIES

A house should have a cookie jar
for when it's half past three
And children hurry home from school
as hungry as can be,
There's nothing quite so splendid
As spicy, fluffy ginger cakes
And sweet milk in a cup
A house should have a mother
waiting with a bug
No matter what a boy brings home
'a puppy or a bug
For children only loiter
when the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss.]

EMERGENCY SUBSTITUTIONS

<u>Ingredient</u>	<u>Substitution</u>
1 Tbsp. cornstarch (for thickening)	2 Tbsp. flour (approximate)
1 whole egg	2 egg yolks, plus 1 Tbsp. water (in cookies, etc.) 2 egg yolks (in custards and such mixtures)
1 cup fresh sweet milk	1/2 cup evaporated milk plus 1/2 cup water powdered milk plus water (directions on package) 1 cup sour milk or buttermilk plus 1/2 tsp. soda (decrease baking powder 2 tsp.)
1 cup sour milk or buttermilk	1 Tbsp. lemon juice or vinegar plus enough fresh sweet milk to make 1 cup
1 square unsweetened chocolate (1 ounce)	3 Tbsp. cocoa plus 1/2 tsp. shortening
1 cup honey	3/4 cup sugar plus 1/4 cup liquid
1 cup canned tomatoes	about 1 1/3 cups of fresh tomatoes + simmered 10 minutes

CHOCOLATE DATES

3/4 c. butter	1/2 c. brown sugar
1 c. crushed corn flakes	1/2 c. water
1 1/2 c. flour	1 Tbsp. butter
1/4 c. sugar	1 tsp. cinnamon
2 Tbsp. cocoa	2 egg whites
1 1/2 c. dates	1/2 c. brown sugar

Grease an 8 inch square pan. Heat oven to 350 degrees. Blend butter, corn flakes, flour, sugar and cocoa. Save 1/2 cup of crumbs for topping. Bake for 15 minutes. Meanwhile, in a saucepan, simmer dates, sugar and water to make a paste. Remove from heat, add butter and cinnamon. Beat egg whites until they hold peaks, gradually add sugar, beat until stiff. When cake is still hot, spread with date paste, then meringue and remaining crumbs. Bake another 2 minutes until brown.

Mrs. Kubalik

NUT FILLED CRESCENT SQUARES

5 c. flour	3 tsp. baking powder
1 lb. butter	1 c. sour cream
4 eggs, beaten	1 tsp. vanilla

Work flour and butter into crumbs and chill. Add rest of ingredients in this order - baking powder, sour cream, eggs and vanilla. Roll dough into a rectangle about 1/8 inch thick. Cut dough into 2 inch squares and fill with walnut filling.

Walnut Filling:

2 c. walnuts, ground	2 egg whites, slightly beaten
1/2 c. sugar	1 tsp. lemon juice

Starting at one of the corners, roll each square and turn ends slightly towards middle to form crescents. Sprinkle granulated sugar onto working surface each time. Place crescent onto cookie sheet with overlapping edge underneath. Bake at 375 degrees for 20 to 25 minutes or until lightly brown.

Mrs. J. Kubalik

TASTY BITS

26 graham wafers	marshmallows
1/2 c. melted butter	3/4 c. walnuts, chopped
4 Tbsp. cocoa	1 c. sugar

TASTY BITS (Continued)

2 eggs

icing sugar

Break graham wafers into bite sized pieces. Mix in the walnuts. Set aside. Combine butter, sugar, cocoa and beaten eggs and cook for 1 minute. Add 1 teaspoon vanilla. Pour half of this mixture over graham wafers and nuts. Spread in buttered 12 x 10 inch pan. Cover this with halves of large sized marshmallows and cover the marshmallows with icing made of other half of cocoa mixture and icing sugar - sufficient to beat up to a spreading consistency. Chill in refrigerator and slice around each marshmallow for serving.

Mrs. R. F. Henderson

CHERRY-PINEAPPLE SQUARES

1 c. butter

2 c. flour

3 Tbsp. white sugar

Mix the above ingredients and press into pan. Bake at 350 degrees until golden.

Filling:

1 1/4 c. crushed pineapple

3 Tbsp. cornstarch

6 oz. cut up maraschino
cherries

1/2 c. sugar
1 tsp. vanilla

Cook until thick the filling ingredients except vanilla. Cool. Add vanilla. Spread. Top with meringue made of 3 egg whites beaten stiff with 1/4 cup of sugar added. Sprinkle with fine coconut. Bake in 325 degree oven until golden brown.

Mrs. E. M. Mikula

OATMEAL COOKIES

3/4 c. sifted flour

1/2 tsp. vanilla

1/2 tsp. soda

1/4 tsp. water

1/2 tsp. salt

1 egg

1/2 c. butter or shortening

1 c. Quaker Oats, uncooked

6 Tbsp. sugar

1 c. semi-sweet chocolate

6 Tbsp. brown sugar

morsels

Heat oven to 375 degrees. Sift together flour, soda and salt; set aside. Blend butter, sugars, vanilla and water. Beat in egg. Add flour mixture and mix well. Stir in oats and chocolate morsels. Drop by teaspoonfuls on greased cookie sheets. Bake in oven 10 to 12 minutes. Makes 4 dozen cookies.

Delayne LaFramboise

CHINESE NOODLE COOKIES

1/2 c. Kraft's crunchy
peanut butter

6 oz. pkg. butterscotch chips

Place over hot water after combining, but not boiling water, until butterscotch melts. Stir until blended. Add 3 ounce can (2 cups) Chow Mein noodles and 2 cups miniature marshmallows. Blend until well coated. Drop by teaspoon on waxed paper. Chill well. Decorate with piece of cherry. These cookies will store very well in a deep freeze.

Mrs. Joe Cherniawski

TEXAS PRALINES (Cookies)

1/2 c. soft butter
1 1/2 c. brown sugar
1 egg

1 1/2 c. all purpose flour
1 tsp. vanilla
1 c. coarsely chopped pecans

Mix together butter, sugar and egg until creamy; add the rest of the ingredients and mix. Chill the dough. Shape dough into 1 inch balls, place in greased cookie sheet 3 inches apart. Using bottom of tumbler, covered with damp cheesecloth, flatten balls to 1/8 inch thickness. Bake at 375 degrees about 12 minutes, until done in preheated oven. Yield: 3 dozen.

Mrs. P. McKernan

BROWN SUGAR CHEWS

1 egg
1 c. brown sugar
1 tsp. vanilla
1/2 c. sifted flour

1/4 tsp. salt
1/4 tsp. soda
1 c. chopped walnuts

Mix egg, brown sugar and vanilla. Add flour, salt and soda. Add walnuts. Bake 18 to 20 minutes in greased cake pan at 350 degrees. Cool in pan.

Mrs. Don Ball, Jr.

HONEY COOKIES

1 c. sugar
2 eggs
1 tsp. soda

Mrs. L. Miziolek
1 c. honey
1 tsp. ginger
flour

Beat eggs well and add sugar, then honey. Stir this up. Add ginger. Add flour and soda. Make a soft dough. Take enough to form small balls. Flatten them down. Bake until golden brown in moderate oven.

RAISIN COOKIES

1 c. boiling water 2 c. raisins

Boil raisins for 5 minutes and cool.

1 c. shortening	1 c. chopped nuts
2 c. sugar	4 c. flour
3 eggs	1 tsp. baking powder
1 tsp. vanilla	1 tsp. baking soda
1 1/2 tsp. cinnamon	1 tsp. salt
1/4 tsp. nutmeg	1/4 tsp. allspice

Cream shortening with sugar until dissolved. Add eggs, one at a time, and blend well. Add vanilla, chopped nuts and the cooled raisins, liquid and all. Last, add dry ingredients and mix well. Drop by teaspoon onto a greased cookie sheet and bake in 375 degree oven for 12 to 15 minutes.

Mrs. M. Ropchan

SUGAR COOKIES

1 1/2 c. sifted flour	1/2 c. butter
1 1/2 tsp. baking powder	1/2 c. sugar
1/4 tsp. salt	1 egg yolk, beaten
1/2 tsp. vanilla	3 Tbsp. milk

Sift together flour, baking powder and salt. Cream butter and add sugar and egg yolk. Mix well. Add dry ingredients alternately with milk. Add vanilla. Chill dough. Roll 1/4 inch thick on lightly floured board; cut with cookie cutters. Bake on ungreased cookie sheets in moderate oven, 375 degrees, 5 to 8 minutes. Yield: 3 dozen cookies.

Delayne LaFramboise

SANDWICH COOKIES

1 c. brown sugar	6 Tbsp. corn syrup
1 c. lard	2 tsp. baking soda
2 eggs	1 tsp. vanilla
1/4 tsp. salt	flour to make soft dough

Cream lard, add sugar, eggs, vanilla and syrup. Add dry ingredients. Chill dough if too soft to roll out. Roll out and cut with cookie cutter. Bake in moderate oven until light golden brown. Cool slightly and spread with favorite date or jam filling.

Mrs. Edmund Brezinski

SHORTBREAD COOKIES

1 c. soft butter	1/8 tsp. nutmeg
1/4 c. icing sugar	1 egg yolk
1/2 tsp. salt	2 c. sifted flour

Cream butter, sugar, nutmeg and egg yolk with wooden spoon. Add flour, a little at a time, until mixture is too stiff to work with the spoon. Turn onto floured board and knead lightly, drawing in the flour until dough begins to crack. Roll out dough 1/4 inch thick and cut with cookie cutter; place on ungreased cookie sheet. Bake at 350 degrees 10 minutes or until delicately brown. Yield: 3 1/2 dozen cookies.

Delayne LaFramboise

PEANUT BUTTER BARS

1/2 c. syrup	1/2 c. brown sugar
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Mix and heat until sugar melts. Add:

1 c. peanut butter	2 c. corn flakes
1 c. rice krispies	1 tsp. vanilla

Mix above and place in baking pan. Ice with the following icing:

1 c. brown sugar	2 Tbsp. butter
6 Tbsp. cream	

Boil above until soft ball stage and add 1/2 cup icing sugar. Beat until smooth to ice. Pour over ingredients in the baking pan. Place in refrigerator for a short while and serve.

Mrs. Frank Ofner

MOTHER'S COOKIES

1 tsp. baking soda	1 c. white sugar
1 tsp. baking powder	1 egg
1/8 tsp. salt	1 1/4 c. flour
1 tsp. vanilla	2 1/2 c. rolled oats
1 c. butter	3/4 c. shredded coconut
1 c. brown sugar	

Cream butter, add sugar; beat in the egg. Add sifted dry ingredients and mix. Add vanilla, coconut and rolled oats. Form into small balls and press with fork. Bake in 375 degree oven about 6 minutes.

Mrs. Anne Booneville

SKILLET SURPRISE

2 eggs, beaten	2 c. ready to eat oat cereal or
3/4 c. sugar	rice cereal
1 1/2 c. chopped dates	1 tsp. vanilla
coconut	

1. Break the eggs into a bowl, beat until well mixed and no white shows.
2. Add sugar and dates and mix with the eggs.
3. Put mixture into a cold, slightly buttered frying pan.
4. Cook over low heat for 10 minutes, stirring constantly.
5. Remove from heat; add cereal and vanilla.
6. Drop small teaspoonfuls into shredded coconut or roll in crushed cereal. Makes about 3 dozen cookies. These cookies keep only 4 or 5 days.

Irene Perre

ENGLISH TOFFEE

1/2 lb. butter	1 tin Eagle Brand milk
2 c. white sugar	1 c. golden syrup

Mix all ingredients together and boil. Stir constantly for 30 minutes. Pour into buttered tin pan. When cold, it is ready.

Barbara Waterhouse

CHOCOLATE FUDGE

2 c. sugar	1/3 c. cocoa
1/2 c. milk	1/3 c. butter
1 c. flour	3/4 c. chopped nuts

Boil sugar, milk, cocoa and butter until it forms a ball when tested in cold water. Take off fire and add flour and nuts. Pour immediately into a buttered pan. Cool and cut.

Mrs. Agnes Sleken

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' All new dishes fade, the newest off the fleetest,
Of all pies ever made, the apple's still the sweetest.



Pies - Pastries - Desserts



Take time *for 10 things*

1 Take time to Work—

it is the price of success.

2 Take time to Think—

it is the source of power.

3 Take time to Play—

it is the secret of youth.

4 Take time to Read—

it is the foundation of knowledge.

5 Take time to Worship—

it is the highway of reverence and washes
the dust of earth from our eyes.

6 Take time to Help and Enjoy Friends—

it is the source of happiness.

7 Take time to Love—

it is the one sacrament of life.

8 Take time to Dream—

it hitches the soul to the stars.

9 Take time to Laugh—

it is the singing that helps with life's loads.

10 Take time to Plan—

it is the secret of being able to have time
to take time for the first nine things.

FRESH BLUEBERRY PIE

2/3-3/4 c. granulated sugar	1/4 tsp. nutmeg 1/2 tsp. cinnamon
2 Tbsp. flour or 1 1/2 Tbsp. quick tapioca	1/8 tsp. salt 4 c. berries
1/2 tsp. grated lemon rind	1 Tbsp. butter
1 - 2 Tbsp. lemon juice	

Combine all ingredients except berries and butter. Place half of berries in lined pie plate, sprinkle with half of sugar mixture. Repeat. Dot with butter. Cover with pastry. Bake at 400 degrees for 40 minutes, then 350 degrees until done.

Mrs. M. W. Roberts

RHUBARB SPONGE PIE

2 egg yolks,	1 tsp. lemon juice
2 Tbsp. flour	2 egg whites
2 Tbsp. butter, melted	2 c. rhubarb, diced
1 c. milk	unbaked pie shell
1 c. sugar	

Beat egg yolks until thick. Add flour and melted butter. Add milk slowly, mixing constantly. Add sugar, lemon juice and stir until well blended. Beat whites until stiff, but not dry, and fold into first mixture. Arrange rhubarb into pie shell and add the liquid mixture over. Bake in 450 degree oven for 10 minutes, then reduce to 350 degrees and bake for 30 minutes more, or until inserted knife comes out clean. Cool before serving.

Mrs. Terry Witiw

PINEAPPLE PUFFS

1 c. shortening	1 tsp. baking powder
1 c. sugar	1/2 tsp. cinnamon
2 c. flour	1/4 tsp. cloves
1/2 tsp. salt	1 c. crushed pineapple
1/2 tsp. soda	1 egg

Cream shortening and sugar; add egg and beat well. Sift flour, salt, soda, baking powder and spices together. Add alternately with pineapple. Bake in greased muffin pans at 350 degrees until brown.

Mrs. Prediger

QUICK GINGERBREAD

1 1/2 c. flour	1/2 c. molasses
1/2 c. sugar	1 egg, unbeaten
1 tsp. soda	1/2 c. shortening
1 tsp. ginger	1/2 c. boiling water

Mix all dry ingredients in a bowl, dissolve the shortening in the boiling water. Add to flour mixture along with the egg and molasses. Stir only to mix well. Put in a greased square cake pan. Bake at 350 degrees for 40 minutes.

Mrs. Cecil Crowe

ROCKY MOUNTAIN ROADS

2 eggs, beaten	1 c. icing sugar
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Beat 2 eggs to a cream with the icing sugar. Melt 4 squares chocolate in double boiler and pour over eggs and sugar when cold. Add:

18 marshmallows, cut in small pieces	1 c. chopped walnuts
---	----------------------

Mix all together and drop by teaspoonful on waxed paper. Let stand 24 hours.

Mrs. Arnold Kraft

BUTTERSCOTCH SQUARES

3 Tbsp. shortening	1/4 tsp. salt
1/4 c. evaporated milk	3/4 c. sifted flour
1 c. brown sugar, packed	1 tsp. baking powder
1 egg	1/2 tsp. vanilla
	1/2 c. chopped pecans or walnuts

Grease well an 8 inch square pan. Heat oven to 350 degrees. Melt shortening over low heat. Remove from heat and add milk, sugar, egg and salt. Beat until well blended. Stir in flour and baking powder sifted together, then add vanilla and nuts. Bake for 30 minutes. Cool and cut into squares.

Mrs. Yvonne Powell

BLUEBERRY DELIGHT

16 graham wafers	1/4 c. sugar
1/4 c. melted butter	cinnamon

Mix and press down in 8 x 8 inch pan.

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BLUEBERRY DELIGHT (Continued)

2 eggs, beaten	1/2 c. sugar
8 oz. pkg. cream cheese, softened	1/2 tsp. vanilla

Mix and spread over cracker mixture. Bake in oven 20 minutes at 350 degrees.

15 oz. can blueberries	1 Tbsp. lemon juice
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Heat and pour over baked mixture; chill and refrigerate. Serve chilled with whipped cream.

Adelle Shandro

CHOCOLATE CHIFFON ROLL

3/4 c. flour	1/4 c. cocoa
3/4 c. sugar	1/4 tsp. cream of tartar
1 1/2 tsp. baking powder	4 eggs, separated
1 tsp. instant coffee	1/4 c. salad oil
1/2 tsp. salt	6 Tbsp. water
1/4 tsp. cinnamon	1 tsp. vanilla

Mix dry ingredients and make a well. Add oil, yolks, water and vanilla. Beat smooth. Beat whites with cream of tartar and fold other mixture into the whites. Bake in lined cookie sheet 12 minutes at 400 degrees.

Filling: Beat 1 cup whipping cream with 2 tablespoons icing sugar. When cake is cool, unroll cake and spread whipped cream. Roll cake up again and store in refrigerator.

Mrs. W. Rosenthal

PEANUT BUTTER MUFFINS

3/4 c. flour	3 Tbsp. butter
1 1/2 tsp. baking powder	1/2 tsp. vanilla
pinch of salt	1 egg
1/4 c. peanut butter	3/4 c. brown sugar
	1/2 c. milk

Cream peanut butter, butter and add vanilla. Add sugar and egg; mix until smooth. Add dry ingredients alternately with milk. Beat until smooth. Fill greased muffin tins 2/3 full. Bake at once in hot oven, 375 degrees, for 20 to 25 minutes.

Mrs. Caroline V. Livingston

OLD FASHIONED JELLY ROLL

3/4 c. sifted flour	4 eggs
3/4 tsp. baking powder	3/4 c. sifted sugar
1/4 tsp. salt	1 tsp. vanilla
	1 c. jelly - any flavor

Sift flour once, measure and combine baking powder, salt and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into 15 x 10 inch pan which has been greased, lined with paper within 1/2 inch of edge, and again greased. Bake in hot oven, 400 degrees, 13 minutes. Quickly cut off crisp edges of cake. Turn from pan at once on cloth covered with powdered sugar. Remove paper. Spread with jelly and roll. Wrap in cloth and cool on rack.

Mrs. C. W. Healey

OLD FASHIONED APPLE DUMPLINGS

Dumplings:

2 c. flour	2/3 c. shortening
2 tsp. baking powder	1/2 c. milk
1/2 tsp. salt	

Combine all ingredients with the 1/2 cup of milk.

Sauce:

1 c. sugar	1/8 tsp. nutmeg
1 c. water	2 drops red coloring
1/8 tsp. salt	2 Tbsp. butter
1/8 tsp. cinnamon	

Bring all ingredients except butter to a boil. Add the butter.

Roll dumpling dough into a rectangle, cut into six 6 inch squares. Place apple segments on each square and sprinkle with sugar and cinnamon. Fold over and press closed. Place in deep greased casserole and sprinkle with sugar. Pour the sauce over dumplings and cook in 375 degree oven for 35 minutes.

Mrs. F. McKernon

QUICK RAISIN PUDDING

1 c. sifted flour	1/8 tsp. salt
2 tsp. baking powder	2 Tbsp. sugar

QUICK RAISIN PUDDING (Continued)

2 Tbsp. shortening	1/2 c. milk
1 c. raisins	
1 c. brown sugar	1 3/4 c. boiling water
1 Tbsp. butter	

1. Preheat oven to 375 degrees.
2. Thoroughly grease a casserole, 1 1/2 quart size.
3. Sift all the dry ingredients in a bowl.
4. Cut the shortening in small pieces and add to bowl.
5. Blend shortening with dry ingredients, using 2 knives.
6. Add raisins, then make a well in the center of mixture and gradually add milk, stirring lightly with fork until blended.
7. Turn batter in prepared baking dish.
8. Mix brown sugar, butter and boiling water and pour over batter.
9. Bake at 375 degrees for 30 to 35 minutes.
10. Serve warm with sauce from dish.

Nellie Forcina

RHUBARB & STRAWBERRY COBLER

2 c. strawberries, halved	2 c. rhubarb, 1 inch long and blanched
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Syrup

1 c. apple juice	1 1/2 c. sugar
1/2 c. water	1 tsp. vanilla

Boil all this together for about 5 minutes and then pour over prepared fruit.

Topping:

1 c. flour	1 tsp. mace
1 1/2 tsp. baking powder	2 Tbsp. sugar
pinch salt	1/4 lb. butter
	1/4 c. milk

Blend first 6 ingredients then add milk and blend well. Put batter on top of fruit by teaspoon and sprinkle with sugar and nutmeg. Bake in 450 degree oven for 20-25 minutes.

Mrs. M. Ropchan

**** EXTRA RECIPES ****

Recipes

from



Foreign Countries



COOKING TERMS

- AU JUS:** With natural gravy.
- ASPIC:** This denotes a savory jelly made from stock or from tomato juice with gelatin.
- AU GRATIN:** Means covered with cheese or crumbs or both and baked.
- BASTE.** To moisten food while baking with juices from pan or other liquid or fat.
- BAKE UNTIL TENDER** Until a fork or skewer can easily be inserted.
- BLEND.** To mix well.
- BISQUE:** A white soup made of shell fish.
- BOUILLON** A clear soup stronger than broth, yet not so strong as consommé, which is clear soup.
- CAFE AU LAIT** Equal parts of coffee and milk.
- CANAPE** Small open appetizer, served as first course
- CHARLOTTE** A pudding made of bread or cake covered with fruit or gelatin
- CHILL** To place food in the refrigerator until cold, not frozen.
- CREAM** To mix shortening in bowl until it is soft and light.
- CROQUETTES** A savory mince of meat or fish made with a sauce into shapes.
- CUT AND FOLD** To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke
- ENTREE:** A light dish served between courses at dinner
- FONDUE** A light preparation of cheese and eggs
- FRAPPE** Partly frozen.
- FRICASSSE** A dish of any boiled meat served in a rich milk sauce.
- GLAZE OR GLACE** Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup
- HORS D'OEUVRES:** Appetizing side dishes such as olives, radishes, celery and pickles
- JULIENNE** Cut in fine strips or strings
- KNEAD** To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times
- MARINATE** To allow fruits or vegetables to stand in dressing or syrup to improve flavor.
- PIQUANT** A sharp sauce.
- PUREE** Food boiled to a pulp and put through a sieve
- SAUTE** To cook gently in a small amount of fat
- SCALD** To heat milk product until scum forms over top (196 degrees F -- not boiling).

RECIPES FROM FOREIGN COUNTRIES

CHINESE FRIED RICE

2 Tbsp. fat	1/2 c. cooked left-over meat (roast pork, beef or chicken is good)
1/2 c. celery, sliced	
1 small onion, sliced	
1/2 c. mushrooms, optional	3 c. cooked rice
	1 egg
	soya sauce

Heat fat in frying pan, add mushrooms, celery and onion; cook, covered, until tender crisp, add enough water to keep from burning. Remove to lid or separate dish and add egg which has been beaten with a bit of water. Fry and cut into strips. Add celery and onion mixture to egg. Add meat and rice; heat. Add enough soya sauce for personal taste. (The soya sauce is what gives the rice that brown fried look.)

Helen O'Brien

HAWAIIAN PORK

1 lb. pork shoulder	1/2 c. pineapple chunks
2 eggs	1/2 c. pineapple juice
1/4 c. flour	3 Tbsp. cornstarch
1 tsp. salt	1/2 c. sugar
1/4 tsp. pepper	3 Tbsp. soya sauce
1/2 c. salad oil	1/2 c. vinegar
4 stalks celery	
2 chicken bouillon cubes, dissolved in 1 c. hot water	

Cut pork into pieces approximately 2 inches square. Beat eggs, flour, salt and pepper to make a batter. Heat oil in heavy skillet. Dip pieces of pork into batter and fry slowly to brown. Drain off excess oil. Slice celery and add to meat. Add 1/4 cup chicken bouillon mixture, pineapple and pineapple juice. Cover and simmer 10 to 15 minutes.

Combine cornstarch, sugar, soya sauce, vinegar and remaining chicken bouillon mixture. Cook over medium heat stirring constantly until thick and clear. Pour over the mixture, cover and simmer 5 minutes. Serve over hot rice. Approximately 6 servings.

M. Kovacs

NACHYNYKA (Corn Meal Casserole)

1/4 c. butter	1 medium onion
1/4 c. shortening	1 c. corn meal

NACHYNKA (Continued)

1 1/2 tsp. salt	1 egg
1/2 tsp. pepper	1 c. milk
2 1/2 c. boiling water	

Put butter and shortening into frying pan. Add chopped onions. Saute until tender. Remove onions from fat. Add corn meal, salt and pepper and mix it well. Fry for 5 minutes, stirring constantly as not to brown. Add water gradually, while stirring constantly. Beat egg and add milk, then beat slightly. Add to the corn meal, stirring to prevent egg from cooking separately. Add onions and stir. Pour into a casserole and bake for 1/2 hour at 350 degrees. Serve hot. Makes 6 servings.

Delayne LaFramboise

CHICKEN PAPRIKA (Hungarian)

2 1/2-3 1/2 lb. chicken, cut into serving pieces	1 c. sour cream
1 tsp. salt	2 medium onions, chopped
1/2 tsp. pepper	1 tsp. paprika
1/4 c. flour	1/4 c. hot water
4 Tbsp. butter or mar- garine	1 can sliced mushrooms and liquid

If frozen chicken is used - thaw. Combine salt and pepper with 3 tablespoons flour. Roll chicken pieces in this mixture until well coated. Melt butter in heavy skillet. Cook chicken over medium heat until browned well on both sides. Add onions, 1 teaspoon paprika, water, mushrooms and liquid. Cover and cook over low heat about 30 minutes or until chicken is tender. Remove chicken to hot platter. Stir remaining 1 tablespoon flour into mixture in skillet until smooth. Add sour cream. Stir over low heat 1 or 2 minutes until hot. Pour over chicken. Sprinkle lightly with paprika. Serve hot with small dumplings or noodles. Makes 4 to 6 servings.

M. Kovacs

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Lenten or "Holiday" Dishes



Green is the holly,
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RECIPE FOR A GROWING BOY

Take a spattering of freckles
Across a little nose;
Add a pair of well-scuffed shoes,
Some patched and maddy clothes.

Mix in a sandy crew cut,
Eyes of laughing blue,
Sunburned cheeks, a toothless smile,
Grinning up at you.

Then stir in cuts and bruises,
A pocketful of stones;
And add a large capacity
For l.o.l.pops and cones!

Measure shouts and laughter,
Add feet that can't be still;
Tend the mixture well and watch
With loving care until

At last the precious mixture
Is finished, and you can
Be sure that restless little boy
Will be a fine young man!

LENTEN OR "HOLIDAY" DISHES

MUSHROOM SALMON LOAF

2 c. salmon, flaked	2 eggs, slightly beaten
1 1/2 c. dry bread crumbs	1 can cream of mushroom soup
1/2 c. minced green pepper, if desired	salt and pepper to taste

Combine ingredients as listed and mix lightly. Pack firmly into a greased small loaf pan and bake for about an hour in 350 degree oven.

Mrs. G. Clarke

MARDI-GRAS CASSEROLE

1 tin mushroom soup	1 can tomatoes
1/2 tin water	1 can flaked tuna fish
1 1/2 c. grated cheese	1/2 medium onion, chopped
1 small pkg. Minute rice (1 1/3 c.)	Parmesan cheese
1 1/3 c. water	1/2 tsp. salt

Heat mushroom soup with the water. Turn heat off. Add grated cheese and stir until cheese almost melts. In the bottom of casserole, put Minute rice and salt. Add cold water. Put in 2/3 can tomatoes, then tuna and onion. Over all this spread the cheese-mushroom soup mixture, then remainder of tomatoes. Sprinkle Parmesan cheese over top. Bake 15 minutes in 375 degree oven.

M. Kovacs

SALMON LOAF

1 lb. tin salmon	2 Tbsp. onions
2 c. bread crumbs	2 Tbsp. parsley
1 egg	2 Tbsp. lemon juice
1/4 c. super milk or cream	1/2 tsp. salt
2 Tbsp. butter	dash cayenne pepper

Drain 1/4 cup liquid from salmon. Put salmon in a large bowl for mixing. If you wish, remove skin and back bone. Add bread crumbs, egg and 1/4 cup liquid drained from the salmon, also milk. Now, melt butter. Meanwhile, chop onions fine, also parsley and add to mixture, now add melted butter and lemon juice. Season with salt and pepper. Put in greased pan and cook for 40 minutes in 350 degree oven. Will serve 6.

Mrs. C. Lajeunesse

SALMON CASSEROLE

1 (16 oz.) tin salmon and liquid	salt and pepper
1 c. cracker crumbs	2 tsp. lemon juice
1 c. milk	1 Tbsp. chopped parsley
1 Tbsp. finely chopped onion	2 eggs

Beat eggs, beat in milk and add rest of ingredients. Pour into buttered casserole and place into a 350 degree oven. Bake for 1 hour. If a glass casserole is used, bake at 325 degrees for 1 hour, or until nicely browned.

Mrs. John D. Sproule

WEDDING CAKE

2 lb. butter	1/2 tsp. salt
1 lb. granulated sugar	1 tsp. cloves
3/4 lb. brown sugar	2 tsp. cinnamon
20 eggs	2 Tbsp. nutmeg
2 oranges, juice and grated rind	2 Tbsp. mace
1 lemon, juice and grated rind	1 glass tart jelly
1 tsp. soda	3 lb. seeded raisins
1/2 c. molasses	2 lb. seedless raisins
1 c. black coffee	5 lb. currants
1/2 c. honey	1 lb. almonds
2 lb. flour	2 lb. citron
	2 c. flour (for the fruit)

Cream butter until very soft; add white sugar and sifted brown sugar; mix thoroughly. Add beaten yolks and grated rind. Add 1/2 soda to the molasses, stir until foamy and add, with the coffee and honey, alternating with the 2 pounds of flour, sifted with remaining soda, salt and spices. Break the jelly into pieces and stir in. Look over the raisins and currants, wash if necessary, drain and dry. Blanch almonds and slice. Cut the citron in thin strips. Mix 2 cups of flour thoroughly with this fruit. Mix the prepared fruit with batter. When all is thoroughly combined, fold in the stiffly beaten egg whites. Pour into well lined and greased pans. Bake at 250-275 degrees for 4 hours.

Mrs. Ed Brower

VERY LIGHT CHRISTMAS CAKE

2 lb. sultana raisins	1/2 lb. green cherries
1/2 c. almonds	1/2 lb. red cherries
1/2 c. walnuts or pecans	1/2 lb. gumdrops (optional, may be substituted with nuts)
1/2 lb. mixed fruit	

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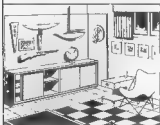


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EDMONTON ALBERTA

EDMONTON ALTA

VERY LIGHT CHRISTMAS CAKE (Continued)

1/2 lb. glazed pineapple
1/2 lb. fine coconut
1 can crushed pineapple
1 can pineapple tidbits,
for juice
8 eggs

3 Tbsp. baking powder
1 tsp. vanilla
1 tsp. mixed fruit flavoring,
rum and almond
1 1/2 c. white sugar
1 lb. butter
3 c. flour
1/2 c. wine
1/2 c. liquid from pineapple

Mix cake in order as you would mix any other Christmas cake. This cake is very moist.

Mrs. A. Lawrie

** EXTRA RECIPES **

**** EXTRA RECIPES ****

Vegetables



FROZEN FOODS

FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $1/2$ to $1/3$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10 - 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 - 3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

VEGETABLES, FROZEN FOODS

POTATO CAKE

12 medium size potatoes
1 tsp. salt

1 Tbsp. butter
flour

Boil potatoes in salt water. Boil until done. Drain. Mash very well and add butter and additional salt to taste. Add sufficient flour to form into a cake as bread. Knead well, press into cake about 1 inch thickness with hands. Cut in round or triangular shapes. Bake on cookie sheet on bottom of oven, at 375 degrees until well browned on both sides, split and butter hot. Very tasty with boiled or scrambled eggs.

Mrs. A. Murphy

NEW ENGLAND BAKED BEANS (Old Fashioned)

Pick over and wash 1 pint of beans. Put them into 2 quarts of water and let stand overnight. The following morning, put them into an earthenware bean pot with:

2 Tbsp. molasses
little pepper

1 tsp. salt
1/2 lb. salt pork, quite fat

Fill pot with hot water and bake from 8 to 10 hours in moderate oven. Keep pot well filled until 2 hours before serving. Allow to simmer at least 1/2 hour.

Mrs. B. Allen

RICE, VEGETABLE AND MEAT CASSEROLE

1 lb. ground beef
2 c. sliced potatoes
1/2 c. sliced onion
1/4 c. chopped green pepper
2 c. tomatoes
1/4 tsp. pepper

1/2 c. chopped celery
1/2 c. raw rice
1/2 tsp. salt
1 tsp. margarine
1 c. sliced carrots
hot water to cover

Brown meat in margarine, crumbling with fork. Arrange layers with meat in bottom of casserole and vegetables in order. Cover with hot water. Bake in moderate oven 2 hours.

Mrs. A. MacGregor

BARBECUED BEANS

1 1/2 c. large dry limas

3 1/2 c. water

BARBECUED BEANS (Continued)

1 1/2 tsp. salt	1 (10 oz.) can tomato soup
4 strips bacon	1 Tbsp. vinegar
1 medium sized onion	1 Tbsp. prepared mustard
1/2 c. chopped celery, leaves may be used	1 tsp. chili powder
	1 tsp. Worcestershire sauce

Rinse limas, add water and soak overnight or several hours. Add salt and simmer 1 to 1 1/2 hours or until barely tender. Drain, reserving 1 cup liquid. Cook bacon partially and set aside. Drain off bit of fat, add chopped onion and celery, cook until transparent in fat. Add remaining ingredients and liquid from limas. Heat to boiling, add drained limas and turn into baking dish. Top with partially cooked bacon, bake in a moderate oven, 350 degrees about 1 hour.

Helen O'Brien

**** EXTRA RECIPES ****



It's Fun to Cook.

For Jr. Cooks Only

I thank you, God,
For a hundred things
For the flower that blooms,
For the bird that sings,
For the sun that shines,
And the rain that drops,
For ice cream, and raisins and
lollypops.

HOW TO PRESERVE CHILDREN

To preserve children take:-

- 1 large grassy field
- 1/2 dozen children
- 2 or 3 small dogs
- a pinch of brook and some small pebbles

Mix the children and dogs well together and put them in the field, stirring constantly. Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky, and bake in a hot sun. When thoroughly browned, remove and set to cool in a bath-tub.

FOR JUNIOR COOKS ONLY

TEEN'S CHOICE - LITTLE PIZZAS

- | | |
|--|--|
| 1 (1/2 lb.) pkg. Swift's
Premium brown 'n serve
sausage links, cut into
penny size pieces | 1/2 c. tomato paste
oregano
1 c. shredded Swift's Brook-
field sharp Cheddar cheese |
| 1 pkg. refrigerator biscuits | |

Roll out biscuit to about 4 inches in diameter. Place on a baking sheet. Spread biscuit surface with tomato paste. Sprinkle with oregano. Add pieces of sausage, about 6 to each biscuit. Sprinkle with cheese. Bake in a very hot oven, 450 degrees, for 5 minutes. Serve hot. Yield: 10 individual pizzas.

Miss Evelyn Fleming

APRIL FOOL'S PIE

(Substitute For An Apple Pie)

- | | |
|----------------------------|----------------------------|
| 20 salted crackers | 1 Tbsp. lemon juice |
| 1 1/2 c. water | 1/4 tsp. grated lemon rind |
| 1 1/2 c. sugar | butter, or margarine, and |
| 1 1/2 tsp. cream of tartar | cinnamon |
| | 8 inch unbaked pie shell |

Break crackers into pastry lined shell and boil water, sugar and cream of tartar together for 15 minutes. Stir in lemon juice and rind. Pour syrup over the crackers. Dot generously with butter and sprinkle with cinnamon. Cover with a top crust. Trim, and flute crust edges together. Bake in hot oven, 420 degrees, for 20 to 30 minutes.

Miss J. Clarke

PEGGY CAKE

- | | |
|----------------|----------------------|
| 1 c. sugar | 1 c. flour |
| 2 eggs | 1 tsp. baking powder |
| 1/2 c. milk | 1 tsp. vanilla |
| 2 Tbsp. butter | |

Beat eggs, add sugar gradually. Mix in flour, baking powder and vanilla. Bring 1/2 cup milk to boil, take from heat and add 2 tablespoons butter. When dissolved, add with above. Put in greased square pan. Bake at 350 degrees about 15 minutes, or until done.

icing:

- | | |
|------------------|-----------------------|
| 1 c. brown sugar | 2 Tbsp. milk |
| 2 Tbsp. butter | 1 c. shredded coconut |

PEGGY CAKE (Continued)

Boil together 2 minutes, when cake is baked, spread icing on top and return to oven to brown.

Mrs. Cecil Crowe

COWBOY COFFEE CAKE

2 1/2 c. sifted flour	2 tsp. baking powder
1/2 tsp. salt	1/2 tsp. soda
2 c. brown sugar, packed	1/2 tsp. cinnamon
2/3 c. butter or shortening	1/2 tsp. nutmeg
1 c. sour milk	2 eggs, slightly beaten

Mix flour, salt, brown sugar in a bowl, cut in shortening. Save 2/3 cup of this crumbly mixture for topping. Add baking powder, soda and spices. Add sour milk and eggs. Stir only until well mixed. Put in square cake pan, 9 x 9 inches. Bake at 375 degrees for 35 to 40 minutes. For glass pans, bake at 350 degrees.

Mrs. Cecil Crowe

BLACK MIDNIGHT CAKE

2/3 c. soft shortening	1/4 tsp. baking powder
1 2/3 c. sugar	1 1/2 tsp. baking soda
3 eggs	1 tsp. salt
2 1/4 c. flour	1 1/3 c. water
2/3 c. cocoa	1 tsp. vanilla

Heat oven to 350 degrees. Grease and flour 2 layer pans. Cream shortening, sugar and eggs until fluffy. Beat at high speed for 5 minutes - 600 strokes. Measure flour by sifting. Blend flour, baking powder and soda and add alternately with water and vanilla to creamed mixture. Pour in pans and bake for 35 minutes.

Marcia Lamoureux

AUSTRIAN COFFEE CAKE (Gugelhupf)

1 c. sugar	3 1/2 c. all purpose flour
1 c. butter	1 c. milk
5 eggs	1 c. seedless raisins
5 tsp. baking powder or 3 tsp. double action baking powder	1 tsp. vanilla sugar or vanilla
	1 tsp. grated lemon rind

Beat butter until soft, add sugar gradually, beating until

AUSTRIAN COFFEE CAKE (Continued)

very light and creamy. Beat in eggs, one at a time. Add flour and milk alternately, beating batter until smooth after each addition. Add raisins, lemon rind and vanilla. Bake in round form or 2 large pans or 1 very large pan at 350 degrees for about 1 hour and 15 minutes. Check cake after 1 hour. When cold, sprinkle with icing sugar; serve with coffee.

Denise Lamoureaux

APPLE AND NUT DESSERT

1 c. sugar

3/4 c. all purpose flour

2 tsp. baking powder

1 Tbsp. soft butter

1/2 c. cream or canned milk

1 tsp. vanilla

Mix ingredients in 2 quart bowl until well blended. Stir in:

1/2 c. broken nuts (pecans)

4 c. cut up peeled apple

Spread mixture evenly in well greased 9 inch square pan.

Topping: Mix with a fork until crumbly:

2 Tbsp. brown sugar

1/3 c. flour

2 Tbsp. soft butter or margarine

Sprinkle over apple mixture in pan. Bake in 400 degree oven 30 to 35 minutes, or until top is golden brown. May be served hot or cold with cream or ice cream.

Miss Cheryl Lawrie

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****

Men Only



When temperatures soar and I'm weak from the heat,
There's one consolation, I still love to eat.

HOW TO PRESERVE A HUSBAND

First, use care and get one. Not too young, but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows: Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.

MEN ONLY

CHARCOAL RIB ROAST OF BEEF ON OUTDOOR GRILL

3 lb. Swift's Premium boneless rib roast of beef	1/2 c. catsup 1 Tbsp. prepared horseradish 1 tsp. Worcestershire sauce 1 Tbsp. dry mustard
1/4 c. chili sauce	

Place roast, fat side up, on an outdoor grill 7 inches above white hot briquettes. To make barbecue sauce, combine chili sauce, catsup, prepared horseradish, Worcestershire sauce and dry mustard. Mix thoroughly. Turn and daub roast with barbecue sauce about every 1/2 hour. Turn roast so all except fat covered side is lying on grill at some time during cooking period. Roast about 2 1/2 hours for a rare roast. (4-6 servings.) Mr. R. W. Fleming

SWEET & SOUR SPARERIBS

Dredge 2 pounds spareribs with seasoned flour and cook in fat like you do your French fries for 10 to 15 minutes. Drain ribs well.

Sauce:

2-3 Tbsp. cornstarch	1 c. chicken broth
1/2 c. water (cold)	3 tsp. soy sauce
1 c. brown sugar	3 Tbsp. cooking oil
1/2 c. vinegar	

Mix cornstarch with cold water, then add to remaining ingredients and cook sauce until it is clear. Pour over the spareribs and simmer for about 10 minutes, then put in 350 degrees oven and bake for about 1/2 hour,

Mr. N. Ropchan

BEEFBURGER PIE

3 Tbsp. butter	1 tsp. Worcestershire sauce
1/2 c. chopped onion	2 Tbsp. flour
little garlic, if desired	6 medium cooked carrots
1 lb. ground beef	1 c. cooked peas
2 1/4 c. canned tomatoes	2 or 3 c. mashed potatoes
1 1/2 tsp. salt	
pepper	

Melt butter, add onion and garlic. Brown lightly. Add ground beef and cook about 10 minutes. Add tomatoes, salt,

BEEFBURGER PIE (Continued)

pepper and Worcestershire sauce. Stir in flour and cook until slightly thickened. Cut half the carrots in slices, the rest in strips. Add sliced carrots and peas. Pour into 1 1/2 quart casserole. Arrange mashed potatoes around edge of dish. Garnish with the strips of carrots and bake in 350 degree oven for 25 to 30 minutes, or until potatoes are nicely browned.

Serve with a tossed green salad for a complete meal.

Mr. D. Strilchuk

DUCHESS OF WINDSOR'S SOUTHERN CREAM PIE

Bake and cool a 9 inch pie shell. Put into top of double boiler:

1/2 c. milk

1/4 tsp. nutmeg

Set over boiling water. Soften 1 envelope unflavored gelatin in 1/4 cup cold water. Separate 3 eggs. Beat yolks with:

1/2 c. sugar

1/4 tsp. salt

Beat until sugar is dissolved. Pour scalded milk over egg-sugar mixture, stirring as you pour. Return to double boiler and cook over boiling water, stirring constantly, until mixture thickens slightly. Add softened gelatin and 1 teaspoon pure vanilla extract. Set double boiler top in ice water to cool, stirring 2 or 3 times to prevent formation of skin.

Beat egg whites until stiff but not dry. Beat custard until foamy. Combine the two and pour into pie shell. Let set. Spread with 1 cup whipped cream. Sprinkle with shaved semi-sweet chocolate curls and serve immediately.

Mr. D. Strilchuk

MEAT BALL STROGANOFF

1 lb. lean hamburger
meat

1 tsp. salt

1/4 tsp. pepper

1/4 c. milk

1 egg, beaten

1/2 c. fine dry crumbs

1 c. cereal cream (sour
cream may be used)

2 Tbsp. cooking oil or margarine

1/2 c. chopped onion

10 oz. can whole mushrooms,
drained

1 Tbsp. flour

1/4 tsp. paprika

10 oz. can cream of mushroom
soup

Combine beef, salt, pepper, milk, egg and crumbs; mix

MEAT BALL STROGANOFF (Continued)

well. Shape into 1 inch balls and brown well in oil or margarine in heavy fry pan. When done, remove meat balls from pan. Add onion and drained mushrooms to fry pan and saute until the onion is transparent, about 5 minutes. Stir in flour and seasonings; add cream of mushroom soup and simmer over low heat 5 minutes or until sauce thickens; then stir in cream, add in meat balls, cover and cook over very low heat about 1/2 hour,, stirring occasionally. Serve with cooked noodles or rice.

This is a very good recipe.

Mr. G. Lawrie

AVERAGE LOSS-BY-BOILING

According to the Journal of Home Economics, Vol. 17,
No. 5:

Iron	48 %
Calcium	31.9 %
Phosphorus	46.4 %
Magnesium	44.7 %

Potato lost by boiling	50 %
------------------------	------

Cabbage lost by boiling	40 %
-------------------------	------

Carrot lost by boiling	30 %
------------------------	------

Apple lost by peeling, boiling and coring	50 %
--	------

Mr. L. Horinek

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

**** EXTRA RECIPES ****

Write Extra Recipes Here

Write Extra Recipes Here

CALORIE COUNTERS

BEVERAGES

Carbonated Water		xxx c
Coffee, black unsweetened		xxx c
Cocoa, All Milk	1 cup	230 c
Cola Beverages	1 sm. glass	100 c
Lemonade	1 sm. glass	75 c
Tea, plain, unsweetened	1 cup	xxx c

BREADS, CRACKERS, ROLLS, ETC

Gluten Bread	1 slice	30 c
Raisin Bread	1 s. ce	100 c
Rye Bread	1 slice	70 c
Enriched White Bread	1 slice	65 c
Melba Toast	1 slice	25 c
Whole Wheat Bread	1 slice	75 c
Baking Powder Biscuits	1 large or 2 small	100 c
Saltines	1 double	40 c
Soda Crackers	1	25 c
Bran Muffin	1	50 c
Corn Bread	1 small square	120 c
French Hard Roll	1 small	80 c
French Toast	1 slice	130 c
Garage Bread	1 slice	150 c

CANDIES

Chocolate Bar - Nut	1	400 c
Chocolate Bar - Plain	1	350 c
Chocolate Cream	1	100 c
Mints	5 very small	7 c
Popecorn, Plain	1 cup	65 c
English Toffee	1	25 c

CEREALS

Corn Flakes	1 cup	132 c
Cream of Wheat	$\frac{3}{4}$ c.	100 c
Oatmeal	$\frac{1}{4}$ c	100 c
Shredded Wheat - instant	1	100 c

DAIRY PRODUCTS AND EGGS

Butter	1 level Tbsp.	100 c
American Cheese	1 cube $\frac{1}{2}$ x 1 in	100 c
Cream	1 Tbsp	50 c
Cream, whipped	1 Tbsp heaping	50 c
Eggs, boiled	1 average	70 c
Eggs, fried	1 with 1 ts. butter	110 c
Egg white	1	14 c
Egg Yolk	1	56 c
Buttermilk	1 c	88 c
Whole Milk	1 c p	170 c
Oleomargarine	1 level Tbsp.	100 c

DESSERTS

Angel Food Cake with icing	average slice	150 c
Chocolate Cake — 2 layers	average slice	350 c
Cup Cake, plain	1	100 c
Fruit Cake	average slice	350 c
Shortcake, with fruit	average slice	300 c
Chocolate Cookies	1	125 c
Ice Box Cookies	1	150 c
Chocolate Ice Cream	$\frac{1}{2}$ cup	250 c
Sodas — all flavors	1 glass	350 c
Vanilla Ice Cream	$\frac{1}{4}$ cup	100 c
Lemon Ice	$\frac{1}{2}$ cup	110 c
Chocolate Eclair	1 small	150 c
Cream Puffs	1	250 c
Apple Pie	1 6 of pie	350 c
Berry Pie — all kinds	1/6 of pie	350 c
Custard Pie	1 6 of pie	150 c
Pumpkin Pie	1/6 of pie	150 c
Bread Pudding	$\frac{1}{4}$ cup	150 c
Jello — all flavors	1 cup	75 c
Tapioca Pudding	$\frac{1}{2}$ cup	200 c

FISH AND SEAFOODS

Haddock	average helping	100 c
Halibut	average helping	115 c
Lobster	$\frac{1}{4}$ cup	125 c
Oysters	$\frac{1}{4}$ cup	50 c
Perch	3 medium	80 c
Salmon (canned)	1 can	100 c
Salmon (fresh)	1 slice	100 c
Sardines	4 3-inches long	100 c
Scallops	6 large	100 c
Shrimps	10	50 c
Trout (brook)	2	75 c
Tuna (canned)	$\frac{1}{4}$ cup without oil	100 c

FLOUR FOODS

Dumplings	1	100 c
Macaroni and Cheese	$\frac{3}{4}$ cup	280 c
Noodles (cooked)	$\frac{1}{2}$ cup	60 c
Pancakes	1	100 c
Waffles	1	225 c

FOWL

Chicken (fried)	1 small thigh or leg	150 c
Chicken (fried)	1 piece breast	150 c
Turkey (roast)	1 slice white meat	100 c
Turkey (roast)	1 slice dark meat	125 c

FRUIT

Apples (raw)	1 large	100 c
Banana	1 medium	100 c
Cantaloupe	$\frac{1}{2}$ — 5 inches diameter	50 c
Cranberries (sauce)	1	100 c
Dates	34	100 c
Grapefruit (unsweetened)	1	100 c
Oranges	1 average	80 c

MEAT

Bacon (crisp)	4 slices	100 c
Hamburger	1 patty	200 c
Beef Roast	1 slice	100 c
Round Steak (lean)	1 piece	100 c
Fried Ham	1 piece	200 c
Meat Loaf	1 slice	150 c
Pork Chop	1 medium, lean	200 c
Spareribs	1 piece, 4 ribs	150 c
Frankfurter	1 small	100 c

SALADS

(Without Dressing)

Cabbage, Green + pineapple	average helping	70 c
Cabbage Soup	average helping	35 c
Fruit Cocktail	average helping	110 c
Potato	average helping	220 c
French Onion Lettuce	average helping	35 c
Waldorf	average helping	100 c

SALAD DRESSINGS

Boiled Dressing	1 Tbsp.	50 c
Cream Dressing	1 Tbsp.	50 c
French Dressing	1 Tbsp.	75 c
Mayonnaise	1 Tbsp.	100 c
Tuna Salad Dressing	1 Tbsp.	175 c

SOUPS AND CONSOMMES

Bean (Navy)	1 cup	200 c
Bean Soup	1 cup	25 c
Beef Soup with Rice	1 cup	100 c
Potato	1 cup	275 c
Tomato (clear)	1 cup	50 c
Vegetable	1 cup	100 c

VEGETABLES

Asparagus (canned)	6 stalks	50 c
Beans (baked)	$\frac{1}{2}$ cup	300 c
String Beans	1 cup	25 c
Beets (cooked)	$\frac{1}{2}$ cup	45 c
Cabbage (raw)	1 cup	25 c
Cabbage (cooked)	1 cup	25 c
Carrots (cooked)	$\frac{1}{2}$ cup	35 c
Carrots (fresh)	1 cup	50 c
Corn (on cob)	1 ear	60 c
Lettuce	1 large head	50 c
Peas (canned)	$\frac{1}{2}$ cup	55 c
Potatoes (french fried)	4 pieces	100 c
Potatoes (mashed)	$\frac{1}{2}$ cup	100 c
Sweet Potatoes	1 small	150 c
Raidishes	5	15 c
Sauerkraut	1 cup	40 c
Spinach	1 cup	40 c
Tomatoes (raw)	1	35 c
Tomatoes (stewed)	$\frac{1}{2}$ cup	65 c

SUGARS

Beet	1 tsp.	25 c.
Brown	1 tsp	17 c
Cane (granulated)	1 tsp.	25 c.
Powdered	1 Tbsp	35 c.

JICES

Grape Juice	½ cup	70 c
Grapefruit Juice	1 cup unsweetened	100 c
Orange Juice	¼ cup	55 c
Pineapple Juice	¼ cup	65 c
Tomato Juice	½ cup	25 c

NUTS

Almonds (salted)	10	100 c
Cashew	4 to 5	100 c
Coconut (shredded)	3 Tbsp.	100 c
Peanuts (salted)	18	100 c
Pecans	12	100 c
Walnuts	10	100 c

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